

# SMART GOALS PLANNER



NAME : \_\_\_\_\_

DATE: \_\_\_\_\_

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

**S**

**Specific**

*What exactly do I want to achieve?*

**M**

**Measurable**

*How will I track my success?*

**A**

**Attainable**

*How will I accomplish this goal?*

**R**

**Relevant**

*Does this goal fit my values?*

**T**

**Time-bound**

*When will I accomplish this goal?*

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## What Is My Goal?


## Completion Date

## How Will I Measure My Success?

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## Steps to Acheive My Goal

## Completion Date

Steps to Acheive My Goal	Completion Date

## Challenges That May Arise

## How Will I Respond?

Challenges That May Arise	How Will I Respond?

## Helpful Tools

## Helpful Resources

Helpful Tools	Helpful Resources